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ABSTRACT OF THE DISCLOSURE

An ink jet recording apparatus is constructed: a recording head for discharging ink from a plurality of discharge ports and recording onto a recording medium; a carriage on which the recording head is mounted and which reciprocatively scans on the recording medium; a recording medium conveying unit for conveying the recording medium in the direction perpendicular to a scanning direction of the carriage by a predetermined distance each time the carriage reciprocatively scans on the recording medium; an ink tank mounted at a position where it does not exercise an influence on the reciprocative scan of the carriage and the conveyance of the recording medium by the recording medium conveying unit; an ink supply tube for supplying the ink from the ink tank to the recording head; and a control section for controlling an ink discharge state of the recording head on the basis of an image signal which is inputted from an upper apparatus. An ink jet recording method in a recording control method for the recording apparatus is also provided.